



Blood & Bugs 2025

◆ Ayurvedic Insight — Classical Viewpoint on Pandu Roga

A. Nidana (Causative Factors)

> व्यायाममम्लं लवणानि मद्यं मृदं दिवास्वप्नमतीव तीक्ष्णम् ।
निषेवमाणस्य प्रदूष्य रक्तं दोषास्त्वचं पाण्डुरतां नयन्ति ॥२॥

(Sushruta Uttara Tantra 44/2)

Translation & Interpretation:

Excessive physical exertion, intake of sour (amla) and salty (lavana) foods, consumption of alcohol (madya), eating clay (mrid), daytime sleeping (divaswapna), and use of excessively pungent substances disturb the doshas and vitiate the Rakta dhatu. This impairs the function of blood and skin, ultimately leading to pallor (Pandu).

Clinical Insight:

Many of these causes correspond with poor nutrition, toxin accumulation, and poor digestion—factors that impair haemoglobin synthesis in modern terms.

Especially relevant in adolescents and women where improper diet and exertion are common.

B. Purvarupa (Premonitory Signs)

> त्वक्स्फोटनष्टीवनगात्रसादमृद्धक्षणप्रेक्षणकृटशोथाः ।
विष्मूत्रपीतत्वमथाविपाको भविष्यतस्तस्य पुरःसराणि ॥३॥

(Sushruta Uttara Tantra 44/3)

Translation & Interpretation:

Early signs include:



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Skin eruptions

Loss of taste

Generalized weakness

Craving or consumption of clay (Pica)

Swelling (edema) especially in the feet

Yellow discoloration of urine and stool

Digestive disturbances

Clinical Insight:

These signs correlate with early iron deficiency and malabsorption syndromes. Pica and fatigue are classical signs of anaemia in children and women.

C. Roopa (Symptoms by Dosha Types)

1. Vataja Pandu

> त्वडं मूत्रनयनादीनां रुक्षकृष्णारुणाभताः ।

वातपाण्डवामये तोदकम्पानाहभ्रमादयः ॥४॥

Key Symptoms:

Rough and discolored (black-reddish) skin, urine, and eyes

Colicky pain

Tremors

Bloating

Dizziness

Clinical Match:



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Often found in nutritional anaemia with neurological involvement or wasting diseases.

2. Pittaja Pandu

> पीतमूत्रशकृन्नेत्रो दाहतृष्णाज्वरान्वितः ।
भिन्नविट्कोऽतिपीताभः पित्तपाण्डवामयी नरः ॥५॥

Key Symptoms:

Yellow discoloration of urine, stool, and eyes

Burning sensation

Intense thirst

Fever

Foul-smelling loose stools

Clinical Match:

Resembles haemolytic or macrocytic anaemia (e.g., B12 deficiency) with associated inflammation or liver involvement.

3. Kaphaja Pandu

> कफप्रसेकश्यथुतन्द्रालस्यातिगौरवैः ।
पाण्डुरोगी कफाच्छुक्लैस्त्वह्यमूत्रनयनाननैः ॥६॥

Key Symptoms:

Excessive salivation

Swelling



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Drowsiness

Lethargy

Heaviness

Whitish appearance of skin, urine, and face

Clinical Match:

Seen in chronic illnesses with edema, sluggish metabolism, and hypoalbuminemia.

4.Sannipataja Pandu (Tridoshic Type)

> ज्वरारोचकहल्लासच्छर्दितृष्णाक्लमान्वितः ।
पाण्डुरोगी त्रिभिर्दोषैस्त्याज्यः क्षीणो हतेन्द्रियः ॥७॥

(Charaka Chikitsa 16.7)

Meaning & Relevance:

When Pandu manifests due to the simultaneous vitiation of all three doshas — Vata, Pitta, and Kapha — the symptoms become severe and complex:

Fever (jvara)

Loss of appetite and altered taste (arocaka)

Nausea, vomiting (hṛillāsa, chardi)

Excessive thirst (trṣṇā)

Fatigue and weakness (klama)

Sensory weakness (hindered indriyas)

This form is usually chronic, refractory to treatment, and often has a poor prognosis.



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5. Mridbhakshanaja Pandu (Clay Ingestion-Induced Anaemia)

> मृत्तिकादनशीलस्य कुप्यत्यन्यतमो मलः ।

कषाया मारुतं, पित्तमूषरा, मधुरा कफम् ॥८॥

कोपयेन्मृद्रसादीश्च रौक्ष्याद्भुक्तं च रूक्षयेत् ।

पूरयत्यविपक्षैव स्रोतांसि निरुणद्ध्यपि ॥९॥

इन्द्रियाणां बलं हत्वा तेजो वीर्यैजसी तथा ।

**पाण्डुरोगं करोत्याशु बलवर्णग्निनाशनम् ॥१०॥

(Charaka Chikitsa 16.8–10)

Meaning & Clinical Relevance:

This set of verses uniquely describes a type of Pandu that originates from clay eating (mrid bhakshana) — a behavior aligned with Pica, often seen in iron-deficiency anaemia, especially in children and women.

The type of taste of the clay affects specific doshas:

Astringent → aggravates Vata

Salty → aggravates Pitta

Sweet → aggravates Kapha

Pathogenesis (Samprapti):

Clay's dryness disturbs digestion and vitiates doshas.

It obstructs metabolic channels (srotas), leading to impaired absorption and nourishment.

It weakens the indriyas (sense organs), tejas (metabolic fire), veerya (vitality), and ojas (immunity).



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Rapid progression to severe Pandu occurs with loss of strength, complexion, and digestive power.

Modern Correlation:

This describes a mechanism akin to malabsorption syndrome, intestinal blockage, or nutritional deficiency, where chronic exposure to non-nutritive substances causes systemic decline.

◆ Summary Table of Subtypes:

Type	Key Features	Modern Equivalent
Vataj Pandu	Dryness, blackish-red features, bloating, tremors	Iron deficiency with neurological signs
Pittaj Pandu	Burning Yellow discoloration, diarrhea, thirst	Haemolytic anaemia, liver disorders
Kaphaj Pandu	Heaviness, swelling, lethargy, whitish discoloration	Anaemia of chronic disease
Sannipataja Pandu	Mixed dosha signs, fever, vomiting, thirst, sensory loss	Refractory anaemia, poor prognosis
Mridbhakshanaja Pandu	From eating clay, obstruction, malabsorption, loss of vitality and complexion	Pica induced anaemia, intestinal damage

D. Upadrava (Complications and Poor Prognosis)

> पाण्डुरोगश्चिरोत्पन्नः खरीभूतो न सिध्यति ।



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कालप्रकर्षच्छनानां यो वा पीतानि पश्यति ॥१२॥

बद्धाल्पविट् सहरितं सकफं योऽतिसार्यते ।

दीनः श्वेतातिदिग्धाङ्गश्छर्दिमूर्छातृडर्दितः ॥१३॥

(Charaka Chikitsa 16)

Interpretation:

Chronic, long-standing Pandu becomes incurable (khara).

Seeing yellowish hallucinations, constipated or greenish stools, associated with phlegm, extreme weakness, excessive thirst, vomiting, and fainting—are ominous signs.

> पाण्डुदन्तनखो यस्तु पाण्डुनेत्रश्च यो भवेत् ।

पाण्डुसङ्घातदर्शी च पाण्डुरोगी विनश्यति ॥१४॥

(Sushruta Sutrasthana 33)

Interpretation:

Severe pallor of teeth, nails, and eyes

Visible yellowish lumps or nodules

Such a patient has a fatal prognosis

> अन्तेषु शूनं परिहीणमध्यं म्लानं तथाऽन्तेषु च मध्यशूनम् ।

गुदे च शेफस्यथ मुष्कयोश्च शूनं प्रताम्यन्तमसञ्जकल्पम् ।

विवर्जयेत्पाण्डुकिनं यशोऽर्थी तथाऽतिसारज्वरपीडितं च ॥१५॥

(Sushruta Uttara Tantra 44)

Interpretation:



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Terminal swelling with sunken middle parts (signs of circulatory failure)

Swelling of anus, penis, and scrotum

Mental confusion or near unconsciousness

Patients with severe diarrhea and fever should not be treated aggressively
(unsuitable for intensive therapies)

E. Clinical Integration

Ayurvedic concept	Modern Interpretation
Pandu Roga	Anaemia (all types)
Pica (Mridbhakshan)	Signs of iron deficiency
Trisha, Bhrama, Shotha	Dehydration, hypotension, edema
Sharirik Daurbalya	General fatigue, reduced oxygen delivery
Shodhan deepan	Detox, digestive stimulation before Rasayana

F. Ayurvedic Chikitsa Sutra & Classical Formulations

> चिकित्सासूत्रम्

तत्र पाण्डवामयी स्निग्धस्तीक्ष्णैरुद्धर्वनुलोमिकैः ।

संशोध्यो मृदुभिस्तिकैः कामली तु विरेचनैः ॥४०॥

ताभ्यां संशुद्धकोष्ठाभ्यां पथ्यान्यन्नानि दापयेत् ।

शालीन् सयवगोधूमान् पुराणान् यूषसंहितान् ॥४१॥

मुद्राढकीमसूरैश्च जाङ्गलैश्च रसैर्हितैः ।

यथादोषं विशिष्टं च तयोर्भैषज्यमाचरेत् ॥४२॥



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पञ्चगव्यं महातिक्तं कल्याणकमथापि वा ।
स्नेहनार्थं घृतं दद्यात् कामलापाण्डुरोगिणे ॥४३॥

Interpretation:

Management of Pandu Roga includes internal oleation and purgation (especially in Kamala cases).

After purification, light and nourishing diets are recommended: aged rice, barley, wheat, green gram, lentils, and meat soups.

Ghrita like Panchagavya, Mahatikta, and Kalyanaka are advocated for internal use.

Classical Ayurvedic Formulations:

Ghrita-based Formulations:

दाडिमाद्यं घृतम् (Dadimadya Ghrita)

कटुकाद्यं घृतम् (Katukadya Ghrita)

पथ्याघृतम् (Pathya Ghrita)

दन्तीघृतम् (Danti Ghrita)

द्राक्षाघृतम् (Draksha Ghrita)

हरिद्रादिघृतम् (Haridradi Ghrita)

Iron and Mandura Preparations:



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नवायसचूर्णम् (Navayasa Churna)

मण्डूरवटका: (Mandura Vatika)

पुनर्नवामण्डूरम् (Punarnava Mandura)

Other Rasayana and Supportive Compounds:

योगराजः (Yogaraja Rasa)

शिलाजतुवटका: (Shilajatu Vataka)

धात्र्यवलेहः (Dhatryavaleha)

Arishta/Asava Preparations:

बीजकारिष्टः (Beejakarishta)

धात्र्यरिष्टः (Dhatryarishta)

लोहासव : (Lohasav)

These formulations support the replenishment of Rasa and Rakta Dhatu, improve Agni, and enhance Bala, Varna, and Ojas. Their use is based on dosha, dhatu, and roga bala and is integral to holistic anaemia care in Ayurveda.

G. Summary: Ayurvedic Insight into Anaemia

Classical Ayurvedic texts describe Pandu Roga with vivid details that align with modern understanding of anaemia.

The doshic classification offers insight into differential diagnosis and tailored treatment.

Recognition of Purvarupa (early signs) is key to prevention and timely intervention.



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Upadrvas (complications) highlight the importance of early correction and avoiding neglect.

Integration of Shamana (pacifying) and Rasayana (rejuvenation) therapies is the backbone of Ayurvedic correction.